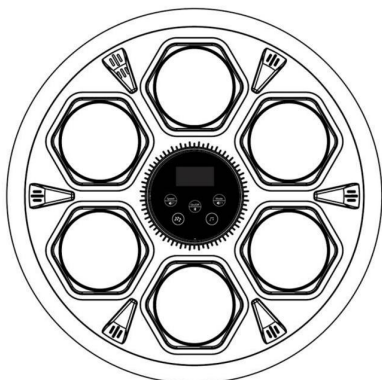


# Musical Boxing Pro

## instruction manual



### Music boxing target design concept

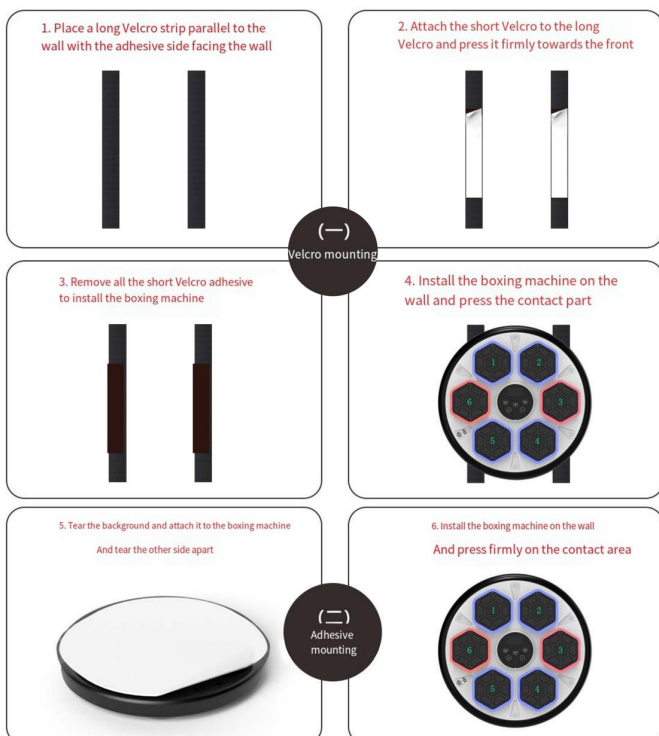
The purpose of using music boxing target is to strengthen the cardiopulmonary function, shape the body line, enhance muscle endurance, explosive power, and improve the coordination of the body through the efficient aerobic and strength training of boxing.

Training principle: This product is highly consistent with the concept of fitness people-oriented, the target of the flashing light, you can control the flashing rhythm of the light through the strength of your fist, speed. Follow the rhythm of the music, move the body, punch, strengthen the body.

### Installation mode

Product installation is suitable for solid wall, such as latex paint wall, white wall wall, wallpaper wall, wall fabric wall and wood veneer, tile and other walls. The wall does not need to be perforated.

**Warm reminder** The installation height is equal to the shoulder, and it can be placed to test whether the hitting position is suitable before installation



### I. Boot mode

ON/OFF Start/Stop Hold down for 3 seconds to start/stop the machine.

### 2. Bluetooth mode/Music rhythm mode

First, press the BLUETOOTH function to start and close, turn on the Bluetooth of the mobile phone to find the Bluetooth connection of the device, you can play the music you like. Press and hold for 3 seconds to enter the start and close of the music rhythm mode, and the display (P--) is to enter the rhythm mode.

### Two, in rhythmic mode

First of all, connect the Bluetooth of the mobile phone to play music, and adjust the music rhythm matching by short press the . In total, the higher the value of 1-3, the slower the matching rhythm, and the lower the value, the faster the matching rhythm. [It is recommended that the DJ gear is about 3, and the slow song is 1]

### 3. Impact speed and mode adjustment

Click SPEED to adjust the speed mode. There are 12 speed gears in total, H1-- H12. The higher the gear, the faster. Click MODE to enter the lighting mode adjustment. There are 12 lighting modes for P1-P12. P1 is in random mode and P2-P12 is in fixed flashing mode

### iv. Panel operation

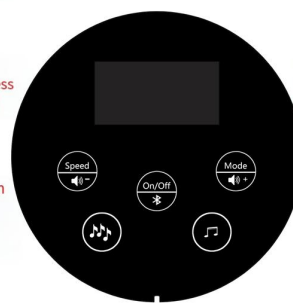
Volume - Press to reduce volume Volume + Press to increase volume

Press and hold SPEED to reduce the volume and press SPEED to adjust the speed

Press and hold MODE to increase the volume and press MODE to adjust the mode

Click the to turn on the F01 sound effect and turn off the F00 sound effect

Long press the key to display F- enter music rhythm mode



In music rhythm mode, press to adjust gear Slow song select gear 1 Fast song /DJ select gear 3

### Product parameters:

Product name: Music boxing target

Power: 5W Operating voltage: 3.7v

Product size :43\*43\*6.5cm Net/gross weight: 2.6KG/3.0KG

Power supply device (self-provided) : Input 100-240V Output DC5V-- 1A(2A)

Battery capacity: 2000mA

### Charging instructions:

Use power supply equipment (self-provided) : Input 100-240V output DC5V-- 1A(2A) charging through the supplied slave wire link. The location close to the wall socket should be considered when installing the boxing target. The socket should not be more than 1.5 meters away from the machine interface.

### Product packing list

Product name	unit	quantity
Product complete	/	1
Power cord	/	1
Long Velcro	/	2
Short Velcro	/	2
Instruction manual	/	1

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

#### FCC Radiation Exposure statement

The device has been evaluatec to meel general RF exposure requirement. The device can be used in portable exposure condition without restriction.